

Gymnastics provides children with a strong foundation in movement and physical preparation required in all sports and everyday life.

High Flyers Recreational Program for 5-16 year olds teaches children basic skills using all gymnastic and Trampolining apparatus. Skills are taught progressively through circuits and other activities, and assist in improving strength, flexibility, balance and co-ordination. All in a positive, fun, safe environment!

These groups are for home school children and are a great way of meeting fellow home schoolers.

Please wear sporty clothing (no denim) with long hair tied back and bring socks and a drink with you.

Lessons are run term time only and ratio of maximum of 1 coach per 10 children

Credit policy: If your child is new to High Flyers and finds that he/she is not enjoying the class within the first three weeks we do offer a refund pro-rata amount of fees as at the date we have been informed. Please see reception.

### CLASS DAYS AND TIMES

DAY	AGE GUIDE	TIME
Tuesday	5-16 years	1-2.30pm

### FEES: Term fees

1.5 hour class - 10 week term costs \$150.00

Please see front desk for details.

### **Insurance and Registration**

Gymnastics WA insurance \$20 per term.

New members one off joining fee: \$26 per person

PLEASE REMEMBER TO BRING SOCKS  
AS THEY ARE REQUIRED FOR THE TRAMPOLINES.



Gymnastics  
Western Australia

## High Flyers Club Rules

For the safety and enjoyment of all please note and adhere to the following:

- Gymnastic training area is restricted to GYMNASTS AND STAFF ONLY.
- Gymnasts must wait in the foyer area until called for their class.
- Spectators must not distract gymnasts or coaches during a class. All queries must be forwarded to reception.
- Children not participating in classes are not permitted on the equipment at any time.
- Chewing gum is not permitted in the gym.
- Food or drink is not permitted near the equipment.
- Children with long hair must have it tied away neatly from face and eyes.
- No jewellery may be worn during class - for the protection of participants and equipment.
- Parents must inform coaches of any medical conditions relating to their child.
- Gymnasts must behave appropriately and follow the rules of participation as set out by the coach. Disruptive behaviour will not be tolerated.
- Gymnasts must be collected by parents/guardians from inside the hall.
- Non-participating children remain the responsibility of the parent/guardian.

These rules apply to: Gymnasts, Parents, Guardians, Non-participating children, Coaches and Volunteers.

### WHAT TO WEAR AND BRING TO GYMNASTICS...

- Leotards, shorts, t-shirts and tracksuits are all suitable for gymnastics.
- Jeans, school uniforms, and clothing with buttons, belts, zippers and buckles must not be worn.
- Bring a drink of water - no fizzy drinks please.



## HOME SCHOOL PROGRAM 5-16 YRS OLDS

### GENERAL INFORMATION



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